

### BC Cancer Support

Please go to the BC Cancer website [www.bccancer.bc.ca](http://www.bccancer.bc.ca) to find information about BC Cancer and community support programs. Click on "Our Services in the top left, then, under Services, click on Support Programs. BC Cancer support programs are available up to 18 months after cancer treatment. Sign up for the [Supportive Care Ebulletin](#) to receive monthly updates about support programs and library services.

To schedule a counselling appointment, learn more about group programs or pre-register for a group, call Patient & Family Counselling (PFC) at 250-519-5525.

#### Patient and Family Counselling Services

Counsellors can talk to you in person, over the phone or virtually about practical concerns (such as affording costs) and provide emotional support. Counsellors lead support groups including living with brain tumors, metastatic cancer and head and neck cancers and provide various education sessions. There are Chinese-speaking counsellors available for telephone support.

#### Art Therapy

Art therapy can give you a way to express your emotions. A variety of art therapy groups are held virtually.

#### Mindfulness Meditation

Mindfulness programs can help you manage stress and learn how to improve your quality of life.

#### Relaxation & Music Therapy

This virtual group session offers guided imagery and music therapy to promote increased relaxation and decreased stress.

#### Returning to Work

A vocational rehabilitation counsellor can speak with you by phone and address questions and concerns about work. Return to Work Seminars are held virtually.

#### Spiritual Health

Call 1-800-663-3333 ext. 672194 to talk with a spiritual health practitioner. Spiritual Health Workshops are held virtually.

#### BC Cancer Library

The library has many resource materials to borrow, recommended websites and topic resource lists called "Pathfinders". Choose the topic "Life after Cancer." Call 250-519-5517.

### Community Resources

#### Callanish

Callanish offers virtual support and meditation programs, including a support group for those who live in the Victoria area. Call 604-732-0633 or visit [www.callanish.org](http://www.callanish.org).

#### Canadian Cancer Society

Life after Cancer, peer support, wig and breast prosthesis bank, online community, community services locator. Call toll-free 1-888-939-3333 or visit <https://cancer.ca/en>.

#### Family Caregivers of BC

Virtual support groups for family caregivers and a BC Caregiver Support Line. Call 1-877-520-3267 or visit [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca).

#### Self-Management BC

Programs to help participants set personal goals and develop skills to overcome barriers and manage health. Call to find a program in your area 1-866-902-3767 or visit [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca).

#### Inspire Health

Information and support for diet changes, stress reduction, life coaching, decision-making and exercise. Call 250-595-7125 or visit [www.inspirehealth.ca](http://www.inspirehealth.ca).

#### Healthlink BC

Get accurate health information from professionals about relevant cancer care topics (i.e.: exercising, mental health and nutrition). Call 8-1-1 or visit [www.healthlinkbc.ca](http://www.healthlinkbc.ca).

**Private rehabilitation and health coverage**

Search online for services such as Physiotherapy or Vodder Therapy for lymph drainage and contact your extended benefits and long-term disability provider.

**Vancouver Island YMCA/YWCA**

The YMCA offers Healthy Living Programs for cancer patients. In person and virtual options available. Call the Healthy Living Team Leader at 250-386-7511 ext 223 or visit <https://vancouverislandy.com>.

## National & International Cancer Resources

**[www.cancerandwork.ca](http://www.cancerandwork.ca)**

A website designed to address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after cancer.

**[www.cancercare.mb.ca](http://www.cancercare.mb.ca)**

Find examples of follow up care plans called “Moving Forward” for various types of cancer in order to help create your own care plan.

**<http://healingandcancer.org>**

The body-mind-spirit connection. Find videos to help you learn to practice techniques.

**[www.mskcc.org](http://www.mskcc.org)**

Resources can be found under “Living Beyond Cancer” and “Resources for Survivors”. Examples of follow up care plans are available.

**[www.uhn.ca/PrincessMargaret](http://www.uhn.ca/PrincessMargaret)**

Resources and information found under “The Cancer Journey”, “After Treatment” and “Getting Back on Track”.

**<https://wellspring.ca>**

Has virtual support programs and videos on money matters, understanding long term disability and coping. Find free online workbooks for the “Healing Journey” in the “Resources” tab.

**Young Adult Cancer Canada**

Has online information, support and programs such as national retreats for young adults living with cancer. Call 1-877-571-7325 or visit [www.youngadultcancer.ca](http://www.youngadultcancer.ca).

**Facing Forward**

A booklet available from the National Cancer Institute at [www.cancer.gov/publications/patient-education](http://www.cancer.gov/publications/patient-education).

**Life After Cancer Treatment**

A booklet available from the Canadian Cancer Society at <https://cancer.ca> or from the BC Cancer Library.

**Picking up the Pieces**

A book that helps to prepare cancer survivors for what comes after cancer treatment ends by Sherri Magee & Kathy Scalzo. Available to borrow from the BC Cancer Library.

**Tumor specific websites**

For information regarding national and local tumor specific resources please refer to BC Cancer Library / PFC / Canadian Cancer Society.

## Other Resources

**[www.anxietycanada.com](http://www.anxietycanada.com)**

This is an online resource for anxiety. It has education worksheets, apps, and more.

**[www.bcalm.ca](http://www.bcalm.ca)**

The Art of Living Mindfully is an 8-week online course that teaches mindfulness meditation. This course is covered by MSP if you are referred by a medical doctor.

**[www.keltyskey.com](http://www.keltyskey.com)**

Free and confidential online cognitive behavioral therapeutic courses that can provide you with the support you need to feel better.

**<https://palousemindfulness.com>**

Free online mindfulness training created by a fully certified Mindfulness-based Stress Reduction instructor.

**<https://self-compassion.org/>**

Free online self-compassion guided practices and exercises.